



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09023, Apricots, canned, water pack, without skin, solids and liquids

Report Date: July 01, 2017 13:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:6% Refuse Description: Pits

Nutrient	Unit	1			
		Value Per100	Data points	Std. Error	1 cup, whole, without pits 227g
Proximates					
Water	g	93.43	5	0.292	212.09
Energy	kcal	22	--	--	50
Energy	kJ	92	--	--	209
Protein	g	0.69	1	--	1.57
Total lipid (fat)	g	0.03	1	--	0.07
Ash	g	0.38	1	--	0.86
Carbohydrate, by difference	g	5.48	--	--	12.44
Fiber, total dietary	g	1.1	--	--	2.5
Minerals					
Calcium, Ca	mg	8	1	--	18
Iron, Fe	mg	0.54	1	--	1.23
Magnesium, Mg	mg	9	1	--	20
Phosphorus, P	mg	16	1	--	36
Potassium, K	mg	154	3	6.205	350
Sodium, Na	mg	11	3	0.697	25
Zinc, Zn	mg	0.11	--	--	0.25
Copper, Cu	mg	0.068	--	--	0.154
Manganese, Mn	mg	0.053	--	--	0.120
Vitamins					
Vitamin C, total ascorbic acid	mg	1.8	3	0.279	4.1
Thiamin	mg	0.020	--	--	0.045

Nutrient	Unit	1				1 cup, whole, without pits 227g
		Value Per 100 g	Data points	Std. Error		
Riboflavin	mg	0.024	--	--		0.054
Niacin	mg	0.437	--	--		0.992
Pantothenic acid	mg	0.092	--	--		0.209
Vitamin B-6	mg	0.054	--	--		0.123
Folate, total	µg	2	--	--		5
Folic acid	µg	0	--	--		0
Folate, food	µg	2	--	--		5
Folate, DFE	µg	2	--	--		5
Vitamin B-12	µg	0.00	--	--		0.00
Vitamin A, RAE	µg	91	1	--		207
Retinol	µg	0	--	--		0
Vitamin A, IU	IU	1810	1	--		4109
Vitamin D (D2 + D3)	µg	0.0	--	--		0.0
Vitamin D	IU	0	--	--		0
Lipids						
Fatty acids, total saturated	g	0.002	--	--		0.005
16:0	g	0.002	--	--		0.005
Fatty acids, total monounsaturated	g	0.013	--	--		0.030
18:1 undifferentiated	g	0.013	--	--		0.030
Fatty acids, total polyunsaturated	g	0.006	--	--		0.014
18:2 undifferentiated	g	0.006	--	--		0.014
Fatty acids, total trans	g	0.000	--	--		0.000
Cholesterol	mg	0	--	--		0
Amino Acids						
Tryptophan	g	0.012	--	--		0.027
Threonine	g	0.025	--	--		0.057
Isoleucine	g	0.021	--	--		0.048
Leucine	g	0.040	--	--		0.091
Lysine	g	0.048	--	--		0.109
Methionine	g	0.003	--	--		0.007
Cystine	g	0.002	--	--		0.005
Phenylalanine	g	0.028	--	--		0.064
Tyrosine	g	0.016	--	--		0.036

Nutrient	Unit	1				227g
		Value Per100	Data points	Std. Error	1 cup, whole, without pits	
Valine	g	0.025	--	--	0.057	
Arginine	g	0.027	--	--	0.061	
Histidine	g	0.011	--	--	0.025	
Alanine	g	0.034	--	--	0.077	
Aspartic acid	g	0.157	--	--	0.356	
Glutamic acid	g	0.069	--	--	0.157	
Glycine	g	0.021	--	--	0.048	
Proline	g	0.041	--	--	0.093	
Serine	g	0.039	--	--	0.089	
Other						
Flavonoids						
Flavones						
Apigenin ¹	mg	0.0	4	0	0.0	
Luteolin ¹	mg	0.0	4	0	0.0	
Flavonols						
Kaempferol ¹	mg	0.0	4	0	0.0	
Myricetin ¹	mg	0.0	4	0	0.0	
Quercetin ¹	mg	0.0	4	0	0.0	

¹Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands., 1992 J. Agric. Food Chem. 40 pp.2379-2383